



FREE WELLNESS ACTIVITIES

March – April 2018

Meditation

Learn how to meditate with an easy technique that can help you gradually develop more calmness and reduce stress in your life. Participants will learn the basic elements of a breath oriented meditation technique and discuss how to integrate meditation into your day. Instructor: Matthew Fleming, PCC-S. *Call 614-234-LIFE (5433).*

Mount Carmel Healthy Living Center, Room 126

Tuesday, March 20th 11:30am – 1:00pm

Free Cooking Demo + Lunch

These cooking demonstrations, presented by Mount Carmel Chefs and a registered dietitian, will focus on teaching techniques to prepare a healthy meal for your household.

Contact 614-234-4660 to register.

Mount Carmel Healthy Living Center, Room 126

Tuesday, April 3rd 11:00am – 12:30pm

Weight Management

In partnership with Lower Lights Christian Health Center, this class meets monthly to help you improve your eating habits and lose weight. This class is led by a Registered Dietitian.

Contact 614-234-4660 to register.

Mount Carmel Healthy Living Center, Room 126

Tuesday, April 3rd 12:45 – 1:45pm

What's Your Soul Song?

Join us for a time of relaxation and reflection. This group will begin with a guided meditation exercise to find personal words of meaning. Then we will work together to craft those words into lyrics and instructor will set them to melody. The goal of the class is to help find your inner voice.

Instructor: Carisa Holmes, Singer/Songwriter. *Call 614-234-4660 to register.*

Mount Carmel Healthy Living Center, Room 126

Monday, April 9th 3:00 – 4:30pm

Feel More at Home in Your Life with Mindfulness

What is mindfulness? Learn how observing our thoughts and feelings with curiosity can lead to fighting with ourselves less. Discover simple exercises and practical strategies you can put into practice.

Instructor: Daron Larson, BSW, MLIS. *Call 614-234-LIFE (5433) to register. Sign up to attend one or both classes.*

Mount Carmel Healthy Living Center, Room 126

Monday, April 16th 4:00 – 5:30pm

Together As Women, Let's Dance

Join us for this class that uses dance and music, allowing you to release stress and build confidence. Using movement we will create change in your body and mind through repeated movements throughout the class.

Together, as women, we will push through challenges and find your inner strength. Let's **MOVE!**

Instructor: **Tahtianna Alston**, Youth Empowerment Coach, Singer/Songwriter, Dancer and Social Work Student

Call 614-234-4660 to register.

Mount Carmel Healthy Living Center, Room 126

Tuesday, April 17th 11:00 am – 12:30 pm